

Mountaineer

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July 14, 2000



INSIDE Military



10th Special Forces Group is the first Army unit to be fielded with the new Family of Medium Tactical Vehicles.

See Page 13

Pancakes



Eat pancakes and eggs at the Pikes Peak or Bust Rodeo street breakfast Wednesday. Soldiers from the 43rd Area Support Group are flipping pancakes.

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Happenings



Victorian-era buildings are on a historic Army fort near Cheyenne, Wyo. "Fort D.A. Russell Days" are celebrated during Cheyenne's "Frontier Days."

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FEATURES

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Photo by Spc. Socorro A. Spooner

Commissary makes room...

Commissary shoppers are now enjoying more room between aisles and a new store layout. The commissary was closed July 10 and 11 in order to rearrange products. It is now more user-friendly because of the adjustment of product placement. Now customers will find heavier items such as detergent in the first aisles of the store and the softer ones such as bread in the last aisles.



Photo by Spc. Socorro A. Spooner

Metric Constructors is working quickly to make the first new housing units available by winter.

Housing lottery for new junior enlisted housing

Fort Carson Family Housing

Each day, the reality of new housing is coming closer and closer. Fort Carson Family Housing and its construction contractor, Metric Constructors, have been making great strides in building the Army's first privatized housing at Fort Carson. Determining which lucky family will move in is almost a more difficult challenge. In order to provide all eligible personnel an opportunity to move into this new housing, a drawing will be held at the Town Hall Meeting Wednesday at 6 p.m. at the Elkhorn Conference Center.

Rules are simple. The new housing is for accompanied junior enlisted soldiers and their families. For housing purposes a junior enlisted is an E-1 through E-6.

The drawing will be made from three barrels. One of the barrels is residents grades E-1 to E-6, in existing housing. Three names will be drawn from this barrel.

The second barrel will contain the names of junior enlisted personnel on the current family housing waiting lists. Two names will be drawn from this barrel.

A third barrel will contain the names of junior enlisted personnel deployed on Army missions, such as the 3rd Armored Cavalry Regiment. One name will be drawn from the deployed barrel. Deployed personnel will also have a chance in the first two barrels. One need not be present to win.

Overall, six families will be selected. Scheduled move-in date will be determined based upon construction progress but in all likelihood, between Thanksgiving and Christmas.

As construction continues, additional units will be made ready and families in existing quarters will be given the opportunity to relocate into the new housing in order to make the existing units available for renovation.

Commander's Corner

Mountain Post vies for FORSCOM award nomination



Soriano

"The primary purposes of the awards are to foster pride of ownership, recognize outstanding achievements and provide an example to others."

The 7th Infantry Division and Fort Carson submitted our sixth Organizational Self Assessment packets for the Forces Command Centurion program. This program is the catalyst to our continued improvement and sustained performance relative to mission and operational readiness, as well as improving the quality of life for our soldiers and communities.

Our mission remains our focus: *"Train, mobilize, deploy, and sustain the combat-ready, multi-component integrated forces of the 7th Infantry Division and Fort Carson ... be a premier warfighting center and an effective power projection platform ... a responsive and efficient installation. Provide a caring environment for all in a climate of cooperation and partnership with civilian and military neighbors."*

This year, Gen. John W. Hendrix, the FORSCOM commanding general, directed the Centurion Award

Program be revised. Awards are tied to installation organizational self-assessments and site visit results. The primary purposes of the awards are to foster pride of ownership, recognize outstanding achievements and provide an example to others.

In fostering pride of ownership, the awards program provides a stimulus for installations to examine the way they do business on their post in relationship to the Malcolm Baldrige National Criteria for Performance Excellence and the Army Performance Improvement Criteria. These criteria are used as a framework to design and apply comprehensive business systems to installation business operations. Successful criteria application ultimately results in fact-based performance improvements.

The awards program strives to recognize those installations that improve their business systems and the quality of their services as evidenced by achievement of the applicable FORSCOM Strategic Performance Objective.

When an installation proves that it can make practical application of the Baldrige and Army Performance Improvement Criteria, it demonstrates to other organizations that application of the philosophy and principles of the Malcolm Baldrige criteria provides a practical methodology to improve day-to-day operations and management of Army installations.

There are now four recognition awards. The Commanding General's Performance Excellence Award goes to the installation (or installations) that achieves the FORSCOM Strategic Plan objective for business performance improvements. The Centurion Award will be given to the FORSCOM installation

that achieves the highest overall score. The installation with the highest percentage of improvement over the previous site visit score will be given the Carpe Diem Award. Category Achievement Awards are given to the installation earning the highest score in any category of performance criteria.

The FORSCOM Centurion site visit team will be at the Mountain Post July 24 to 28. It will be the team's job to validate and verify the 7th ID and Fort Carson's Organizational Self-Assessment package. The team, comprised of members from various government agencies and civilian corporations, will be interviewing members of the Mountain Post Team and reviewing documentation about how we do business. It is important that each of you is prepared to make the best impression possible.

The outcomes of the written packet and site visit are vital to the 7th ID and Fort Carson becoming the FORSCOM nominee for the Army Communities of Excellence Program.

The top award is the Commander in Chief's Award and the winner receives \$3 million.

Our Mountain Post, home to the 7th Infantry Division, will continue to be distinguished by an exemplary record of commitment to Total Army Quality practices.

Mission first ... people always ... one team! Bayonet!

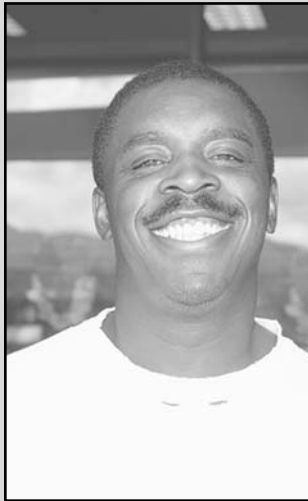
Major General Edward Soriano
Commanding General
7th Infantry Division and Fort Carson

Sound Off!

What do you think of the new Commissary layout?



Susie Mcpherson
Family member
"The heavier items are in the beginning of the store which is better and it's also a lot roomier."



Staff Sgt. Victor Carter
USAG
"It's more user-friendly. People will get used to the format eventually."



Jennifer Dimacali
Family member
"Much easier, there are more open lanes."



Brigitte Cuddigan
Family member
"It's improved but it'll take a while to find everything."

Fort Carson's Town Hall Meeting is Wednesday Elkhorn Conference Center, 6 p.m.

MOUNTAINEER

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NEWS

ACAP XXI program offers answer for transitioning soldiers

by **Pauline N. Hamamoto and John A. Klube**
Army Career and Alumni Program

Starting Aug. 28, the way business is conducted at Army Career and Alumni Program will change. A new system, ACAP XXI, will be installed at the ACAP Center during the week of Aug. 21 through 25. The ACAP Center will provide limited services during this time, all ACAP staff members being away at training. No appointments will be made and computers will be unavailable. However, those ACAP clients who are scheduled for the three-day TAP/ACAP Workshop on Aug. 21 through 23 will still meet in building 1219 from 8 a.m. to 4:30 p.m. On Aug. 29, we expect to provide the usual services. We apologize for any inconvenience during our time of transition.

The new system, ACAP XXI, is a state-of-the-art, multimedia, interactive and computer-based training system. It integrates all transition activities for military, Department of Army civilians and their family members separating from the Army. It has the design and technology to provide services to transitioning personnel in a caring, organized, and disciplined manner. The program provides all the transition information, job assistance training, and hot job leads to start users on their way to a successful transition and future.

It also provides step-by-step, individualized transition planning that can be used in a self-paced manner. It uses full-screen, full-motion video, graphics animation, stereo audio, and text to provide individualized preparation guidance.

ACAP clients with little or no computer experi-

ence can use the Computer Skills Tutorial to learn how to use all the different computer elements before making use of the ACAP XXI system.

Prospective ACAP clients should still schedule their initial Pre-Separation Appointment at least 180 days prior to separating from the Army. Public Law 101-510 requires pre-separation counseling (completion of DD Form 2648-Pre-Separation Counseling Checklist) to occur no later than 90 days prior to separation. The completion of this checklist can now be done on-line, and clients can also view informational Pre-Separation videos. The electronic checklist allows individuals to indicate the benefits and services that they wish to receive additional counseling from service providers on Fort Carson. These subject matter experts will gladly answer any questions.

The Pre-Separation Module supports employment assistance, relocation assistance, education and training, health and life insurance, financial management assistance, and reserve affiliation. Using the Pre-Separation Counseling Checklist will help transitioning personnel create an Individual Transition Plan. This game plan will allow for a successful transition back to civilian life.

Using a previously designed TAP-in-the-Box system, clients can determine how they plan to manage their transition, set objectives and assess skills, explore the job market, write their resumes, practice interactive interviewing, and pre-manage a career.

Users of ACAP XXI will be able to access automated tools such as Resume Writer, Word Processor Resume Templates, Cover Letter/Thank You Letter Writer, Federal Job Applications, and Word

Processor. Research tools will include Job Analyzer and Self-Assessment. On-line Tools will connect them to the Internet and the Transition Bulletin Board, which contain job listing and information about upcoming job fairs.

Clients who are unable to attend the three-day TAP/ACAP Workshop will be able to go on-line and access Job Assistance Training Application. The topics in this module include an introduction, setting your goals, exploring the market, writing a resume, interviewing and managing a career. Clients who have taken the workshop can also review any topic by using JATA.

Another multimedia application is the Practice Interview Module. Based on a soldier's military rank, he or she will be given an opportunity to practice responses to difficult interview questions. The practice interview provides role-modeling examples for several types of interview situations. This module should increase confidence to handle difficult employment interview situations.

ACAP XXI will provide win-win situations for transitioning personnel. It will save time yet guide success.

By promoting and increasing self-confidence, stress associated with transitioning and the job search process will be reduced. This interactive multimedia will help people retain transition and job preparation information longer and better.

Visit ACAP after Aug. 28 and see the ACAP XXI system in action.

For further information, please call 526-1002 or 526-0640.

Community

Soldiers cook pancakes for rodeo crowd

By Nel Lampe
Mountaineer staff

Take a crowd of some 10,000 people who gather along Pikes Peak Avenue at dawn, needing a cup of coffee and hankering for some pancakes and eggs to go with it. How long does it take 36 soldiers to prepare 20,000 pancakes on field kitchens in the middle of the street to feed that hungry crowd?

Planning for the Pikes Peak or Bust Rodeo kickoff street breakfast started several months ago, according to Warrant Officer Russell Campbell of the 43rd Area Support Group's Cheyenne Mountain Dining Facility.

This is the fourth year the 43rd ASG has participated in the partnership event with the Centennial Sertoma Club and the 40th year the breakfast has been sponsored by Sertoma and cooked by Fort Carson soldiers.

According to Rebecca Thayer, Centennial Club president, nearly \$500,000 has been donated to charity from the proceeds for the breakfast during the past 40 years. Sertoma, which provides service to mankind, is known for assistance to people with hearing and speech disabilities.

According to Campbell, the donated food for the event will be at the breakfast site when the trucks and soldier volunteers arrive downtown Wednesday at about 1 a.m. The soldiers will set up the modern burner units, which are safer and cleaner than the gas units previously used.

Campbell said 20 soldiers in food service and an additional 16 non-food service soldiers have volunteered to work at the street breakfast. The soldiers with no food-service experience have been given a few quick lessons in food preparation and will be working alongside food-service personnel.

"It's a fun event," said Warrant Officer Tim Dunn, 43rd ASG, who has been involved with the street breakfast for several years. "The soldiers actually like doing it — perhaps it's the interaction with the civilian community," he said.

"It's a great partnership," Thayer said. "We couldn't do the breakfast without Fort Carson."

According to Thayer, this year's street breakfast has been moved back to its original site along Pikes Peak, between Cascade and Nevada Avenues.

"The 'Flying W Wranglers' band will be back this year," Thayer said. There will also be a Western gun show and other entertainment throughout the breakfast, which begins at 5:30 a.m. and is served until 9 a.m.

"The Kids' Area includes pony rides, face painting, fire safety, an antique fire pumper and rope making," Thayer said. The Kids' Area is at Colorado and Cascade.

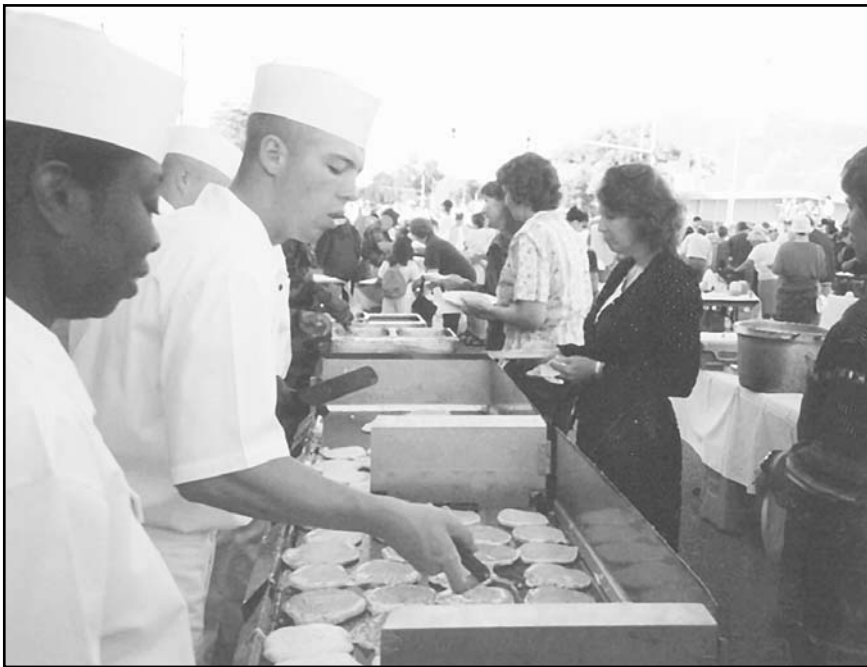
A crowd of 10,000 hungry, early risers are expected for breakfast. Bales of hay are scattered about the roped-off breakfast site to provide seating and a little atmosphere.

The street breakfast costs \$5, although children under 9 years old eat free. Token-tickets are sold at the breakfast entry site and ahead of time at Information, Tickets and Registration office at a discount.

Parking is available on nearby streets — the later you arrive, the further away you'll have to park. Just follow the crowds.

Pikes Peak or Bust Rodeo

Fort Carson night at the rodeo is Aug. 11. Discounted tickets for that performance are available through unit first sergeants and sergeant majors. Street Breakfast Wednesday from 5:30 to 9 a.m.



File photos by Nel Lampe

Soldiers from 43rd Area Support Group cook pancakes for a hungry crowd at a previous street breakfast.



Soldiers eat pancakes while seated on hay bales at a street breakfast.

Suicide prevention is everybody’s business

by **Melissa A Paliani**
Evans Army Community Hospital

According to recent literature, the Army suicide rate has increased over the past two years to one of the highest suicide rates since the 1970s.

In the first five days of the new millennium there were four suspected suicides in the Army. In 1999, the Army alone, confirmed 65 suicides and 12 deaths suspected to be suicides. This translates to15.5 suicides per 100,000 soldiers. According to Robert Burns, a military writer,during the past 10 years in the Army, suicides were the second leading cause of death next to accidents. Also, in the past 10 years, about 10 times more troops died at their own hand as opposed to hostile fire.

Fort Carson has had its share of suicides. Since 1991 there have been 28 completed suicides on this post. The last completed suicide at Fort Carson was in June of 2000.

Who is responsible for suicide prevention? Every member of the military community is responsible. Education is the greatest weapon against suicide. If all of the military community is well educated in the area of suicide prevention, it is very likely that the number of suicides at Fort Carson will decrease. Leaders, peers, subordinates, family members and all military community members can prevent a suicide if they know what signs to look for and what actions to take.

What is suicide? Suicide is self-murder. Suicide is the product of destructive thoughts, feelings and behaviors that exist in all of us at one time or another, but have gone beyond control in the suicidal person. Statistics indicate that white males in the senior enlisted ranks commit the most suicides in the Army. It is common that the individual has suffered a recent break up of a marriage or other close personal relationship. Frequently alcohol and or financial problems are present. It is also common to have a past history of self-destructive acts or suicide attempts. Suicides are usually a response to stress and/or feel-

ings of loneliness, hopelessness and helplessness. Suicidal people often believe they have no support system or no one they feel that they can talk to. Suicidal people tend to have a lack of problem solving or coping skills. Additionally, a suicidal person may suffer from a depressive disorder.

Suicidal people do exhibit overt warning signs. Some signs are more obvious than others. People that are feeling suicidal tend to exhibit numerous signs of suicide. The presence or absence of any one sign is not an indication that someone is or is not suicidal. The following is a list of the more common warning signs of suicide.

- Dramatic or obvious drop in job performance
- Unkempt or decrease in personal appearance
- Loss of a loved one, job, status, or money
- Feelings of hopelessness and or helplessness
- Family history of suicide
- Made previous suicide attempt
- Using Alcohol or drugs

Signs and symptoms of depression as well as warning signs of suicide:

- Poor appetite or significant weight loss or increased appetite or significant weight gain
- Change in sleep habits, either excessive sleep or inability to sleep
- Behavioral agitation or slowing of movement
- Loss of interest or pleasure in usual activities or decrease in sexual drive
- Loss of energy, fatigue
- Diminished ability to think or concentrate
- Feelings of worthlessness, self-reproach, or excessive guilt
- Withdrawal from family or friends
- Drastic mood swings
- Sudden change in behaviors

Immediate danger signs that person may be thinking of killing him/herself:

- Talking or hinting about suicide, to include statements about feeling suicidal
- Having an organized plan to commit suicide,

the means to carry out this plan and the intent to commit suicide

- Having the desire to be dead
- Obsession with death, sad music or poetry
- Themes of death in letters or artwork
- “Tying up loose ends,” finalizing personal affairs

If you suspect someone you know is suicidal the first step is to ask that person if she/he is suicidal. Listen to the individual and take what she/he says very seriously. Do not ignore the suicidal person, it is better to offer help early than to regret not helping later. The first step is to offer support, no matter what the problem may be.

Right or wrong, the suicidal person is truly suffering and does not need to be judged. Talking about suicide can help the person to look at other solutions and realize that suicide is not the answer. Don’t leave anyone alone if you think the risk of suicide is imminent. Assist the suicidal person in obtaining help. Contact the unit chaplain, Mental Health Services (526-7155), or the Emergency Room at Evans Army Community Hospital (526-7111) if you believe a person is suicidal.

It is clear that many suicides are preventable. Everyone in the military community is qualified to intervene. Who knows a soldier better than his/her family, unit members, superiors, peers and subordinates? Don’t be afraid to confront or reach out to someone you believe may be depressed or suicidal. You can make a difference. The biggest difference a leader in the military can make is to train all unit members on how to identify suicidal behavior. Leaders can contact their unit chaplains to obtain further education on suicide prevention for their units. Edwin Schneidman, Ph.D., the founding president of the American Association of Suicidality once stated, “Human understanding is the most effective weapon against suicide. The greatest need is to deepen the awareness and sensitivity of people to their fellow human.”

Heartworm a serious threat during summer

by Capt. Shelley Peck,
Installation Veterinarian
Fort Campbell, Ky.

With warmer weather comes the emergence of mosquitoes. To many of us, mosquitoes are simply an annoyance. However, to our pets they pose a more serious health problem. Mosquitoes are the vector for *Dirofilaria immitis*, the parasite which causes heartworm disease, a serious and potentially life-threatening condition.

Dogs with adult heartworms are the recognized reservoir of infection. Dogs may have one to 250 adult worms, which may live seven years. These adult worms produce offspring — microfilaria — which circulate in the dog's blood and are transmitted to any mosquito taking a blood meal.

The microfilaria undergo development within the mosquito and are able to infect another dog when the mosquito takes another blood meal. The diagnosis of canine heartworm disease depends on accurate patient history, recognition of clinical signs and diagnostic tests, which may include microfilarial detection, heartworm antigen test, radiology and other clinical laboratory tests.



Canine heartworm infection has been diagnosed in all 50 states. However, certain areas, including the southeastern United States, have higher infection rates. Male dogs have higher infection rates than females. Likewise, dogs housed outdoors are four to five times more likely to be infected than those house indoors.

Most dogs infected with heartworm can be successfully treated. But prevention is much safer for your pet and more economical for you.

A year-round preventative is recommended.

Puppies should be started on prevention at eight to 10 weeks of age, during the first veterinary visit.

Feline heartworm disease has become accepted as a valid clinical concern in areas where canine heartworm is endemic. Although dogs are at greater risk, cats are susceptible to infection with *Dirofilaria immitis* as well. Both indoor and outdoor cats are susceptible to infection, although outdoor cats are thought to be at increased risk.

Cats are infected in much the same way dogs are. However, the disease is much different. If cats do develop adult heartworms, the worm burden is usually low, often less than ten worms, and the lifespan of the worms in cats is approximately two to three years.

These worms rarely produce offspring. Therefore, cats are unlikely to infect mosquitoes that bite them and are unlikely to infect other animals.

Diagnosis of heartworm disease in cats is more difficult due to the nature of the disease. Ideally, kittens — like puppies — should be started on preventative at the first veterinary visit. For more information, contact your veterinarian or visit the Heartworm Society's Web site at www.heartwormsociety.org or Fort Carson Veterinary Clinic, building 6001.

‘Wizard of Oz’ takes stage at Mountain Post

Fort Carson Public Affairs Office

Ranging in ages from 4 to 17, a cast of 50 dependents of active and retired duty military and Department of Defense employees have been practicing for eight weeks to produce a magical and lively production which will appeal to ages — “Wizard of Oz.”

The performance is guaranteed to awaken everyone’s imagination with its deliciously satiric and funny characters, colorful costumes, surreal scenery and youthful energy.

The shows will be July 28 at 7 p.m., and at 2 p.m. July 29 and 30, at McMahon Theater, building 1517.

Ticket prices are \$4 for adults, \$3 for students and \$2 for seniors and youths under 12 years old.

Reservations are encouraged and are available at the McMahon

Box Office, 526-4629. The box office is open Monday through Friday from 8 a.m. to 5 p.m. Tickets may also be purchased at the door.

Musical numbers include “Over the Rainbow,” “We’re Off to See the Wizard,” “The Merry Old Land of Oz,” and “Ding Dong! The Witch is Dead.”

The Fort Carson School of Musical Theater Summer Camp is a non-profit organization and is looking for volunteers to help with the production.

Volunteers, who must be 12 years and older, are needed to help with costumes, props, scenery and backstage assistance.

Volunteers are also needed to act as assistant directors, technical staff (lighting, sound, spotlights), make-up artists and ushers. If interested in volunteering please call 382-3840.



Photo by Spc. Cecile Cromartie

Pow Wow ...

Participants dressed in colorful costumes make a grand entry at last year’s Lone Feather Council Pow Wow at the Post Physical Fitness Center. This year’s Pow Wow will be held Saturday and Sunday starting at 10 a.m.

Chapel

GriefShare — Grief Recovery Support Group — Wednesdays 6 to 8 p.m. Family Readiness Center, building 1526. GriefShare is a weekly support group for people grieving the death of someone close. At GriefShare, you'll learn valuable information that will help you through this difficult time in your life. For information call Sabine at 526-6917.

Spiritual Fitness Week - July 24 to 30 — “A Family Celebration”— Monday 7 to 9 p.m. Creative Parenting, Wednesday 11 a.m. to 2 p.m. Parents of Children with Attention Deficit Disorder/Attention Deficit Hyperactivity Disorder, Friday and Saturday 7 to 9 p.m. Spiritual Emphasis - Retired Col. Chuck Adams, featured speaker. All events will be at Soldiers’ Memorial Chapel and child care will be provided. Sunday — Ecumenical Service and family picnic at Iron Horse Park. For information contact Chap. Lovell at 524-1483.

Protestant Sunday School — Protestant Sunday School for all ages is conducted each Sunday morning at 9:30 a.m. at Soldiers’ Memorial Chapel, building 1500 at the corner of Nelson and Martinez Streets. Summer sessions feature a mixed age group time of music, stories and video tapes. Come join in the fun and learning. Parents are welcome to attend with their children or may attend an adult class.

Protestant Youth of the Chapel — The PYOC meets Sunday at Soldiers’ Memorial Chapel from 6:30 to 8:15 p.m. Weekly groups meetings have taken on the name EDGE (Every Day God Experience). Come join the fun by attending any Sunday evening. For information contact John Spencer at 471-9239.

Protestant Women of the Chapel — PWOC meets each week for prayer, fellowship and study at Soldiers’ Memorial Chapel. PWOC meets two times during the week — Tuesdays at 9 a.m. and 7 p.m. Child care is available at the chapel for both groups. For information contact Jennifer Wake at 540-9157.

Chapel Schedule

ROMAN CATHOLIC					
Day	Time	Service	Chapel	Location	Contact Person
M-W-F	8:15 a.m.	Mass	Soldiers’	Nelson & Martinez	Chap. Vakoc/526-5769
M-W-F	11:45 a.m.	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7386
Saturday	5 p.m.	Mass	Soldiers’	Nelson & Martinez	Chap. Vakoc/526-5769
Sunday	8 a.m.	Mass	Veterans’	Magrath & Titus	Chap. Vakoc/526-5769
Sunday	9:30 a.m.	Mass	Soldiers’	Nelson & Martinez	Chap. Vakoc/526-5769
Sunday	10:45 a.m.	CCD	Soldiers’	Nelson & Martinez	Ms. Feldman/526-0478
Sunday	11 a.m.	Mass	Healer	Evans Army Hospital	Fr. Gagliardo/526-7386
Sunday	12:15 p.m.	Mass	Provider	Barkeley & Ellis	Chap. Vakoc/526-5769
EASTERN ORTHODOX					
Sunday	8 a.m.	Divine Liturgy	Soldiers’	Nelson & Martinez	Chap. Olson/526-5772
LUTHERAN					
Sunday	10:40 a.m.	Liturgical	Provider	Barkeley & Ellis	Chap. Brock/526-4416
ROCK SERVICE					
Thursday	7 p.m.	The Rock	Spiritual Fitness Center	Barkeley & Ellis	Chap. Thornton/526-1364
PROTESTANT					
Sunday	9 a.m.	Protestant	Healer	Evans Army Hospital	Chap. Slossen/526-7387
Sunday	9 a.m.	Protestant	Provider	Barkeley & Ellis	Chap. Pacania/526-4416
Sunday	9:30 a.m.	Protestant	Veterans’	Magrath & Titus	Chap. Atkins/524-1822
Sunday	11 a.m.	Protestant	Soldiers’	Nelson & Martinez	Chap. Wilkes/526-8011
Sunday	11 a.m.	Prot./Gospel	Prussman	Barkeley & Prussman	Chap. Pair/526-2811
Sunday	9:30 a.m.	Sun. School	Soldiers’	Nelson & Martinez	Dr. Scheck/526-5626
Sunday	9:30 a.m.	Sun. School	Prussman	Barkeley & Prussman	Chap. Pair/526-2811
Sunday	10:15 a.m.	Sun. School	Provider	Barkeley & Ellis	Chap. Pacania/526-4416
Sunday	6:30 p.m.	PYOC	Soldiers’	Nelson & Martinez	Mr. Spencer/526-5229
For additional information, contact the Installation Chaplain’s Office, building 6227, at 526-5209. For information and a schedule of Jewish Sabbath services, call the U.S. Air Force Academy Cadet Chapel at 333-2636. Normally, free child care is available during on-post worship services.					

Daily Bible Readings

In order to assist in regular scripture reading, the following scriptures are recommended. These scriptures are part of the common daily lectionary which is designed to present the entire Bible over a three-year cycle.

Saturday — Psalms 41 & 1 Kings 15-17
Sunday — Psalms 42 & 1 Kings 18-20
Monday — Psalms 43 & 1 Kings 21-22
Tuesday — Psalms 44 & 2 Kings 1-3
Wednesday — Psalms 45 & 2 Kings 4-6
Thursday — Psalms 46 & 2 Kings 7-9
Friday — Psalms 47 & 2 Kings 10-12

Chaplain’s Corner

Commentary by Chap. (Maj.) John Atkins
10th Special Forces Group

Clifford was leaning against the fence, enjoying a beautiful view from the top of the Grand Canyon, when the wooden posts suddenly ripped from their cement moorings. Seconds later, Clifford was plunging down into the canyon.

Halfway to the bottom his desperate arm-waving helped Clifford catch and clutch the branch of a scrubby tree that grew from the canyon wall. Grasping and gasping, he looked both up and down. No way he could climb that sheer cliff, even if he could swing his body toward the wall. But below stood the chasm, unbroken by any other tree or holding place. To fall would be to die, horribly crushed on the rocks below. No one had seen him fall, and he hung out of sight, knowing that the wind would scatter his voice no matter how loudly he shouted.

Desperate, Clifford cried out to the heavens: “God help me!” Hearing his own trembling voice, he wailed again, “Please God, help me.”

To Clifford’s amazement, he heard an immediate answer. “All right,” came the voice. The initial warmth turned to a chill wind gripping his body as the voice continued: “Let go!”

Looking down, Clifford saw the huge boulders waiting below, and knew again that he would surely die. Let go, he thought. “But God, you don’t understand!” he yelled up. I’m too far up, I’ll...”

“Let go,” the voice repeated. Silence filled the canyon. Then in a weak, terrified voice, Clifford called out, “Is there anyone else up there?”

Proverbs 3:5-6 states; “Trust in the Lord with all your heart and lean not on your own understanding. In all your ways acknowledge him and he will

direct your paths.” Have you ever been like Clifford? Do you have a problem trusting God? True freedom, peace and joy comes from trusting God and not trusting our own understanding.

Trust means you realize that no matter what happens, God is still in charge. Trusting God means that you do the right things and take the right actions and God will handle the results. Trust means I give my worry, my fears and my guilt to God. Trust means I might sometimes go against the grain of common thinking. Trust means I have to let go and let God take charge.

Whatever you face, whatever your challenges and possibilities, whatever you worries and concerns, I challenge you to go to God first and trust him. He is the only one who can help you handle anything that comes your way.

Where and When

Editor’s Note:
It is the responsibility of each facility referenced in this directory to inform the Mountaineer of any changes.

Directorate of Community
Activities facilities

Physical fitness centers/swimming pools
• **Garcia PFC** ph: 526-3944 or 526-5785
M-F 6:30 a.m.-10 p.m./weekends and holidays 10 a.m.-5 p.m.
• **McKibben PFC** ph: 526-2597
M-F 6:30 a.m.-10 p.m./weekends and holidays 6 a.m.-1 p.m.
• **Waller PFC** ph: 526-2742
M-F 5:30 a.m.-10 p.m./weekends and holidays 3-10 p.m.
• **Mountain Post PFC** ph: 526-2411
CLOSED
• **Forrest FC** ph: 526-2706
M-F 5:30 a.m.-10 p.m./ Sat. & Sun. 10-5 p.m., Sat. 8-10 a.m. women only.
• **Post PFC** ph: 526-1023 or 524-1164
M, T, W, F 6-9 a.m./ Spinning classes M-F 5 and 6 p.m./ closed weekends and holidays
• **Indoor Swimming Pool** ph: 526-3107
M, T, Th, F 6:30 a.m.-9:30 p.m./ W 6 a.m.-9:30 p.m./Sat, Sun and holidays 9 a.m.-6 p.m.
• **Outdoor Swimming Pool**, ph: 526-4456
Closed until Memorial Day

Miscellaneous
• **Post Commissary**, building 1525, ph: 526-5505
M-F 9 a.m.-8 p.m/ Sat 9 a.m.-7:30 p.m./ Sun 9 a.m.-5 p.m.
• **Grant Library**, building 1528, ph: 526-2350
M-Th 11 a.m.-8 p.m./Fri 11 a.m.-5 p.m./Sat and Sun 10 a.m.-6 p.m.
• **Multi-Craft Center**, building 1510, ph: 526-0900
W-F 11 a.m.-7 p.m./Sat, Sun and holidays 9 a.m.-4:30 p.m.
• **AutoCraft Center**, building 2427, ph: 526-2147
Every day 8:30 a.m.-4 p.m., emissions only on M and Tues
• **WoodCraft Center**, building 2426, ph: 526-3487
M-Tues. closed/ Wed 1-7 p.m.(Closed for safety class.)/ Th-F 1-8:30 p.m./ Sat and Sun 9 a.m.-4:30 p.m.
• **Cheyenne Shadows Golf Course**, ph: 526-4122
M-Sun 8 a.m.-5 p.m.
• **Divots Grill**, building 7800, 2nd floor: 526-5107
M-T 9 a.m.-5:30 p.m./W-F 7:30 a.m.-5:30 p.m./ Sat. Sun. and holidays 6:30 a.m.-5:30 p.m.
• **American Red Cross**, building 1641, ph: 526-2311
M-F 8 a.m.-4:15p.m./ Emergencies: 526-2311 (24 hrs.)

• **Community Thrift Shop**, building 1008, ph: 526-5966
T, W, Thu 10:00 a.m.-2:30 p.m./ F-M closed
• **Turkey Creek Recreation Area**, ph: 526-3905
Office hours: W-Sun 8 a.m.-4:30 p.m./ closed M-T
• **Information, Tickets & Registration**, building 1510, ph: 526-5366
M-Th 10 a.m.-6 p.m./F 9 a.m.-6 p.m./Sat 9-1 p.m./closed Sun and holidays
• **Carlson Wagonlit Travel**, building 1510, ph: 576-5404
M,- Th, 10 a.m.-6 p.m./Fri 9 a.m.-6 p.m./weekends and holidays closed
• **Outdoor Recreation Complex**, building 2429, ph: 526-2083
M-Sun 10 a.m.-5:30 p.m./holidays 10 a.m.-4 p.m.
• **Fatz Pool and Darts**, building 1129, ph: 526-4693
M-Th 11:30 a.m.-midnight/Fri 11:30 a.m.-2 a.m./ Sat 3 p.m.-mid-night/Sun closed
• **Bowling Center**, building 1511, ph: 526-5542
Sun-Th 11 a.m.-11 p.m./Fri & Sat 11 a.m.-midnight
• **Ten Pin Cafe**, building 1511, ph: 576-8126
Sun-Thu 11 a.m.-10:30 p.m./Fri & Sat 11 a.m.- 10:30 p.m./ M-F 8-10:30 a.m. (breakfast only)
• **Brass Rail Lounge**, building 1511
M-W 4-11 p.m./Thu 3-11 p.m./Fri & Sat 4p.m-12 a.m./Sun & holidays 11a.m.-9:30 p.m.
• **Wok Express**, building 2355
M-S 11 a.m.-6 p.m./closed Sunday
• **Youth Center**, ph: 526-2680
M-Th 3-8 p.m./Fri 3-9 p.m./Sat 1-9 p.m./ closed Sun & holidays

Army and Air Force
Exchange Service facilities

Barber/Beauty Shops
• **Ivy Troop Store Barber Shop**, building 2355
M-F 7:30 a.m.-4 p.m./weekends and holidays, closed
• **Prussman Troop Store Barber Shop**
M-F 7:30 a.m.-4 p.m./weekends and holidays, closed
• **Barber Shop**, building 1161
M-F 7:30 a.m.-4 p.m./weekends and holidays, closed
• **Evans Beauty Shop**, building 7500, ph: 540-0462
M-F 9 a.m.-5 p.m./weekends and holidays, closed
• **Post HQ Barber Shop**, building 1430
Mon only 7:30 a.m.-1 p.m.
• **Welcome Center Barber Shop**, building 1218
Mon and Th. only 7:30 a.m.-4 p.m.
• **Main Store Mall Barber and Beauty Shops**, building 6110, ph: 576-6459

M-Sat 9 a.m.-7 p.m./Sun and holidays, 10 a.m.-6 p.m.
• **Mini Mall Barber Shop**, building 1510, ph: 576-8013
M-F 7 a.m.-6 p.m./Sat 8 a.m.-5 p.m./Sun 10 a.m.-4 p.m./ closed holidays
Shoppettes/service stations
• **“B” Street shoppette**, building 900
M-F 5 a.m.-midnight/weekends 6 a.m.-midnight
• **Ivy Troop shoppette**, building 2355
M-F 11:30 a.m.-6 p.m/Sat 10 a.m.-3 p.m./closed Sundays
• **Service Station**, building 1515
M-F 6 a.m.-7 p.m./Sat 8 a.m.-6 p.m./Sun 10 a.m.-4 p.m.
• **Housing shoppette**, building 5940
M-Sun 8 a.m.-9 p.m.

Alterations
• **Military Clothing Sales Store**, building 1510, ph: 526-8715
M-F 9 a.m.-6 p.m./Sat 10 a.m.-4 p.m./Sun 11 a.m.-4 p.m./ closed holidays
• **Mini-Mall**, building 1510, ph: 576-4304
M-Sat 9 a.m.-6 p.m./Sun 10 a.m.-5 p.m./closed holidays

Miscellaneous
• **Burger King** (Specker), building 1520
M-F 6 a.m.-9 p.m.(drive-thru until 10 p.m.)/Sat 7 a.m.-9 p.m. (drive-thru until 10 p.m.)/Sun 8 a.m.-9 p.m.
• **Kentucky Fried Chicken**, building 1533, ph: 579-8237
M-Sat 10:30 a.m.-10 p.m./Sun 10:30 a.m.-9 p.m.
• **Class Six**, building 1524
M-Sat 9 a.m.-9 p.m./Sun 11 a.m.-5 p.m.
• **Class Six Annex**, building 3572
M-Sat 10 a.m.-7 p.m./closed Sundays
• **Laundromat**, building 6089
M-Sun 7 a.m.-10 p.m.
• **TV Repair/U-Haul**, building 1008, ph: 579-9344
M-F 10 a.m.-5:30 p.m./Sat 8 a.m.-noon/ closed Sun and holidays
• **Sprint Office**, ph: 579-7463
M-F 8 a.m.-5 p.m./Sat 10 a.m.-2 p.m./closed Sun and holidays
• **Post Exchange and Main Store Mall**, building 6110
M-Sat 9 a.m.-9 p.m./Sun and holidays 9 a.m.-6 p.m. (Flower Shop, Vitamin Expo, Optical Shop and AT&T kiosk)
• **Main Store Mall Espresso Cart**
M-F 8 a.m.-3 p.m./Sat and Sun 8 a.m.-4 p.m./closed holidays
• **Mini Mall**, building 1510
M-Sat 9 a.m.-11 p.m./Sun and holidays 10 a.m.-5 p.m. (Shoe Repair and Engraving Shop)
• **Mini Mall Laundry**, building 1510
M-Sat 9 a.m.-6 p.m./Sun 10 a.m.-5 p.m./closed holidays

Military

10th Special Forces first in Army to receive new vehicle

by Spc. Carrie L. Fotovich
14th Public Affairs Detachment

Tenth Special Forces Group was the first unit to be outfitted with the new Family of Medium Tactical Vehicles A1 model truck during a First Unit Equipped Ceremony, Friday.

Paul J. Hoeper, Assistant Secretary of the Army (Acquisition, Technology and Logistics) and Rep. David L. Hobson of Ohio, chairman of the House



Photo by Spc. Carrie L. Fotovich

From right: Colonel Robert L. Lees Jr., project manager, Medium Tactical Vehicles, shows upgrades of the new A1 truck to Congressman David Hobson of Ohio and Paul Hoeper, Assistant Secretary of the Army, Acquisition, Logistics and Technology, after the First Unit Equipped ceremony.

Appropriations military construction subcommittee, presided over the ceremony.

“We wanted to provide, not just a satisfactory truck, but a great truck that would meet the needs of the Army for many years to come,” said Hoeper.

This ceremony culminated a long process of developing, testing, production and training on the A1. The development of the Family of Medium Tactical Vehicles stemmed from the Army’s need to replace and improve its fleet of medium tactical trucks, and in 1996, the first FMTV, model A0 truck, was fielded. The new A1 features many upgrades from the original design.

“The new trucks incorporate the latest in truck technology, improving on what had already proven to be a durable and reliable vehicle,” said Col. Robert L. Lees Jr., project manager, Medium Tactical Vehicles.

Among its improvements are higher horsepower, an antilock brake system and superior corrosion resistance. To further simplify maintenance, the A1 is equipped with an Integrated Electronic Technical Manual, an advanced diagnostic system. Besides diagnosing mechanical problems, the IETM eliminates 28,000 pages of technical manual.

All design modifications were made with soldiers’ safety and convenience in mind, said Paul Justice, director of public relations, Tactical Vehicle Systems Division, Stewart and Stevenson, the company that developed and is building the trucks.

“We went into the field and talked to soldiers,” said Justice. “We found out what we could do to make it better.”



The new FMTV model A1 Truck.

The trucks with which the 10th SFG was equipped represent the first of more than 7,000 trucks and 1,500 trailers which Stewart and Stevenson plan to build for the Army.

Besides providing units with an efficient piece of equipment, the development and fielding of the new A1 highlights the United States’ commitment to providing the best equipment to the best Army in the world, said Lt. Col. Robert M. Waltemeyer, executive officer, 10th SFG. He believes the A1 is more than just another vehicle.

“It is not just a truck to us – it’s our lifeline,” said Waltemeyer. “It is part of our ability to train and prepare for war. It represents a means to generate combat power therefore it’s as important as any other weapon system we depend on. It is a tool we use to safely and effectively take care of America’s most precious and treasured national asset – the American soldier.”

SAMC accepts 2 outstanding NCOs

by Spc. Bryan Beach
14th Public Affairs Detachment

He was a small kid from Texas with only five years of schooling. He couldn't get in the Marines or paratroopers for being too small; only 5 foot 5 inches tall and weighing 110 pounds. He enlisted in the Army just days after his 18th birthday. Like thousands of other young American men, he fought in World War II. Yet this short young Texan did something no other U.S. soldier has ever done; receive every medal or award the Army has to offer. After the war he became a songwriter, writing 16 country and western songs, and even a Hollywood actor, appearing in 44 films and starring in 39 of them. That young man from Texas was Sgt. Audie Leon Murphy.

In honor of Murphy and the lasting imprint his life has made on the Army and the nation, an elite Army club was formed to recognize outstanding noncommissioned officers leadership and ability. Only the top 2 percent of all the Army's NCO are accepted in the organization.

Two Fort Carson soldiers were inducted into the Fort Carson chapter of the Sergeant Audie Murphy Club Thursday at McMahon Theater.

Sergeant 1st Class William C. Sterling, 4th Finance Battalion, 43rd Area Support Group and Sergeant 1st Class Walter Trotter, Supply and Transportation Troop, 3rd Armored Cavalry Regiment.

Each quarter the Fort Carson Chapter conducts a rigorous selection process and those who make the cut are inducted into the club. To go before the board, soldiers must be in the ranks of corporal through sergeant first class, have a physical training test score of 250 or above, be in charge of at least two soldiers, have a clean record and be recommended by their chain of command.

The SAMC members volunteer their time for charity work, helping the elderly, assisting the handicapped and working to provide a better life for everyone in the surrounding communities.

For more information about the Fort Carson Sgt. Audie Murphy Club, visit the Fort Carson web site at www.carson.army.mil , click on related sites, and Sergeant Audie Murphy Club. For additional information about Audie Murphy, visit www.audiemurphy.com or www.audiemurphy.com/amrf.htm .



Sterling



Trotter

Historic truck displays food service excellence

Installation Food Program

A little bit of food service history can now be seen on display in front of the Installation’s Dining Facilities. A 1958 M-37 3/4-ton truck was recently dedicated as the Installation’s Food Service Truck and will display the names of Fort Carson’s Food Service Specialist and Food Service Noncommissioned

Officer of the Year.

During the dedication ceremony, the Food Service Truck was set up with cooking equipment to show how a kitchen truck was typically used to feed soldiers in the field in the 1970s. The field kitchen truck used to feed a company was the two and a half-ton cargo truck. It usually carried an ice chest, field

range, burner units for cooking and immersion heaters and cans for cleaning. “Although we didn’t use the 3/4-ton truck for cooking back then, it did haul a lot of rations, supplies and ammunition.” commented Sgt. Maj. James Hurst, Installation Food Service Management NCO.

According to Chief Warrant Officer Andrew Pisney, the Installation Food Program Manager, the Army first experimented with the concept of the field kitchen truck during World War II in an effort to push hot foods forward to the deployed soldiers. Although the Army declared the practice of cooking in a truck unsafe, the kitchen truck was still in use until the late 1980s when the mobile kitchen trailer was fully fielded. The Army still uses the mobile kitchen trailer and is currently experimenting with an all-electric field kitchen for the future.

Major Gen. Edward Soriano, 7th Infantry Division and Fort Carson commanding general, dedicated the Food Service Truck before a crowd of Directorate of Logistics workers and food service personnel June 29. “It (Food Service Truck) is a tribute to all the great men and women (cooks) who take care of our soldiers day in and day out,” said Soriano.

The Food Service Truck will be displayed at different dining facilities throughout the post.



Courtesy photo

The Food Service Truck sets up for a field feeding prior to dedication.



ABOVE: Jennifer Donovan, Red Cross volunteer, looks over a presentation she has prepared for a pre-deployment briefing.
LEFT: Deborah Cooper, left, certified nursing assistant, checks the pulse of family member Christine Mason during a visit to the Family Practice clinic.



Medical Activity soldiers separate surgical equipment into sets before sterilizing them for surgical procedures.

From Counsel

Q. Is auto leasing a smart move?

A. It really depends on your personal situation and you should compare costs. You can often lease a vehicle for a monthly payment which is less than what you would pay to buy. Here are some general guidelines: If you buy a new car every two to four years, don't typically drive more than 12,000 to 15,000 miles a year per car and are very careful with your car, leasing may be a good choice for you. If, however you like owning your car free and clear

and intend to drive it for a decade, buying new or used is a better decision.

Q. As a military member, is there anything special I should consider?

A. Yes, especially if you are "deployable" or anticipate that you may deploy while you are leasing the car. Be sure to review the lease to be sure it has the terms you want and that you understand them. For example, if you deploy, will you continue to pay on the lease even if you park the car for the duration

of your deployment? You may desire to obtain "gap insurance." If you stop using the car before the lease expires — as a result of a collision, for example — this insurance covers the difference between the residual value of the car the the amount you still owe under the lease.

Editor's note: These ar suggestions from the Office of the Staff Judge Advocate. For more information, call 526-6461.

Leasing differs from buying, here's how:

Ownership

Leasing: You do not own the vehicle. You get to use it but must return it at the end of the lease unless you choose to buy it then.

Buying: You own the vehicle and get to keep it at the end of the financing term.

Up-front costs

Leasing: Up-front costs may include the first month's payment, a refundable security deposit, a capitalized cost reduction (like a down payment), taxes, registration and other fees and other charges.

Buying: Up-front costs include the cash price or a down payment, taxes, registration and other fees, and other charges.

Monthly payments

Leasing: Monthly lease payment are usually lower than monthly loan payments because you are paying only for the vehicle's depreciation during the lease term, plus rent charges (like interest), taxes and fees.

Buying: Monthly loan payments are usually higher than monthly lease payments because you are paying for the entire purchase price of the vehicle, plus interest and other finance charges, taxes and fees.

Early termination

Leasing: You are responsible for any early termination charges if you end the lease early.

Buying: You are responsible for any pay-off amount if you end the loan early.

Vehicle return

Leasing: You may return the vehicle at lease end, pay any end-of-lease costs and "walk away."

Buying: You may have to sell or trade the vehicle when you decide you want a different vehicle.

Future value

Leasing: The lessor risks the future market value of the vehicle.

Buying: You risk the vehicle's market value when you trade or sell it.

Mileage

Leasing: Most leases limit the number of miles you may drive (often 12,000 to 15,000 per year). You can negotiate a higher mileage limit and pay a higher monthly payment. You will likely have to pay charges for exceeding those limits if you return the vehicle.

Buying: You may drive as many miles as you want, but higher mileage may lower the vehicle's trade-in or resale value.

End of term

Leasing: At the end of the lease (typically two to four years), you may have a new payment either to finance the purchase of the existing vehicle or to lease a replacement vehicle.

Buying: At the end of the loan term (typically 4 to 6 years), you have no further loan payments and the car is yours.

Tips on getting into, paying for any college

Kelly Tanabe
SuperCollege

PALO ALTO, Calif. — Take a vacation detour to visit colleges and make a list of the 10 most significant events in your life. Those are two strategies for preparing for college this summer, recommended by the authors of the leading college admissions how-to book.

“You’d probably rather hang out with friends than think about college, but summer is the best time to get a head start on admissions and financial aid. It’s never too early to get acquainted with college applications,” according to the award-winning book, “Get Into Any College: Secrets Of Harvard Students” under the pen names Jim Good and Lisa Lee.

With this year’s high school graduates having faced one of the most competitive seasons of college admissions ever, students need to dedicate time to prepare for college as early as possible, according to the book.

For the upcoming Fall semester Harvard University accepted less than 11 percent of 18,700 applicants, Stanford University accepted less than 9 percent of 18,000 applicants, and UCLA accepted less than 12 percent of 37,700 applicants.

Below are recommendations from the book for preparing for college admissions and financial aid this summer.

- Before looking at colleges, look at yourself. Make a list of what’s important to you in a college. Find a college that matches your academic, career, social and personal needs.
- Take a vacation detour to visit colleges. Take tours of campuses, speak with admissions and financial aid officers, peek into dorms and classrooms, and chat with students about their school.
- Preview college applications. By getting a sneak peek at college applications now, you’ll know what to expect and won’t be surprised in the fall.
- Brainstorm for your essay. One component of

college applications may be an essay, in which you write approximately 500 to 1,000 words about you and your experiences. Spend some summer downtime to get creative about events, books, places or people that have influenced you. Make a list of the top 10 most significant events in your life.

- Study for standardized tests. The beach and the mall are probably more attractive alternatives, but if you plan to take the Scholastic Aptitude Test or American Collete Texting in the fall, summer is the best time to prepare for the exams.

- Learn about your financial aid options. Each year more than \$60 billion is awarded in financial aid. Get information on federal financial aid programs by calling (800) 4FED-AID or visiting www.ed.gov.

Read the Web sites of schools that you are interested in to learn about their financial aid programs. Search a free database of scholarships at www.collegeboard.org.

Show me the money

by Staff Sgt. Warren Wells
4th Engineer Battalion
Command Financial Noncommissioned Officer

I know what you are saying ... “As long as I am on active duty I get paid even if I am injured.” You are right. But in today’s world where your might rely on the income of your spouse, disability insurance might be important to you.

How disability insurance works

Americans count on dying more than they count on becoming disabled. But the truth is, you are more likely to become disabled during your prime working years than you are to die. One in seven people becomes disabled for at least five years before reaching age 65.

Statistics show that between ages 35 and 65, one in five people will become disabled. Being out of work for an extended period can have devastating financial consequences on a family, yet more Americans have life insurance policies than have disability insurance (about 70 percent vs. 40 percent). We protect ourselves against dying, but not against losing our greatest asset — our earning potential.

To put it bluntly, when you die, you no longer have expenses. When you’re disabled, you still have living expenses, now compounded by medical expenses. You’ve got rent or a mortgage to pay, food, car,

utilities, and perhaps your children’s college tuition. That’s where disability insurance comes in. Disability insurance can offer a financial safety net. When you’re unable to work for an extended period of time because of an injury or illness, it pays monthly benefits until you are well enough to return to work.

It won’t protect you, of course, if you are laid off or fired.

What it is?

Disability insurance is a type of insurance policy. You may be able to get it through work or you can purchase it on your own. Just as with life insurance or health insurance, you pay monthly premiums. When you become unable to work because of a disabling physical or mental reason, you are paid a certain amount each month in benefits. There are numerous types of disability insurance, from bare-bones policies to those with many options. Your individual coverage will determine when your benefits actually begin, how much you receive, the limitations on your coverage, and how long you can receive benefits.

Who needs it?

Disability insurance is not really intended to cover a short-term injury or illness. If you rupture a disc in your back and are out of work for two months, it’s not wise to draw on disability benefits because your future premiums may skyrocket. Instead, experts

advise using your savings to live on for a couple months, even selling a mutual fund or stock or two if necessary, to cover a short-term illness. In some cases, your employer will pay sick-leave benefits anyway.

Determining whether you need disability insurance is a personal choice. You must decide how much financial risk you are willing to assume should you suddenly find yourself unable to work for an extended period. How many months can you rely on your savings? How easy will it be for you to rebuild your nest egg for your retirement years? Can your spouse’s income cover the lost salary?

Your income level also helps determine your need. In general, experts say, people who make less than \$30,000 or \$40,000 a year don’t need it. Some insurance companies won’t offer coverage for people with incomes below \$20,000.

Of the roughly four million Americans who have disability insurance, most are white-collar professionals. Some insurance companies won’t cover workers in certain dangerous professions no matter how high their income, such as oil-field workers, pilots, miners and police officers.

For more information on this or any other financially topics, call your Command Financial Noncommissioned Officer.

Dining Schedule

Weekday Dining Facilities

A La Carte Facilities

43rd ASG Cheyenne Mtn. Inn (building 1040)
3rd ACR CAV House (building 2461)
3rd BCT Iron Bde. (building 2061)
Butts Army Airfield (building 9612)

Standard Facilities

10th Special Forces Group (building 7481)

Weekday Meal Hours

Mon., Tue., Wed. and Fri.	Thurs.
Breakfast 7:30 to 9 a.m.	5:30 to 7 a.m.
Lunch 11:30 a.m. to 1 p.m.	11:30 a.m. to 1 p.m.
Dinner 5 to 6:30 p.m.	4 to 5:30 p.m.

Week of July 15 to 21

Exceptions

- Butts Army Airfield Dining Facility is open for lunch only.
- 10th SFG (A) meal hours are the same Monday through Friday. It does not serve dinner on Fridays.
- Patton House Dining Facility is closed until September 11.
- Mountaineer Inn Dining Facility is closed until further notice.

Weekend Dining Facilities

43rd ASG Cheyenne Mtn. Inn (building 1040)
3rd BCT Iron Bde. (building 2061)
3rd ACR CAV House (building 2461)

Saturday Meal Hours

Breakfast	8 to 10 a.m.
Lunch	11:30 a.m. to 1 p.m.
Dinner	4 to 6 p.m.

Sunday Brunch/Supper Meal Hours

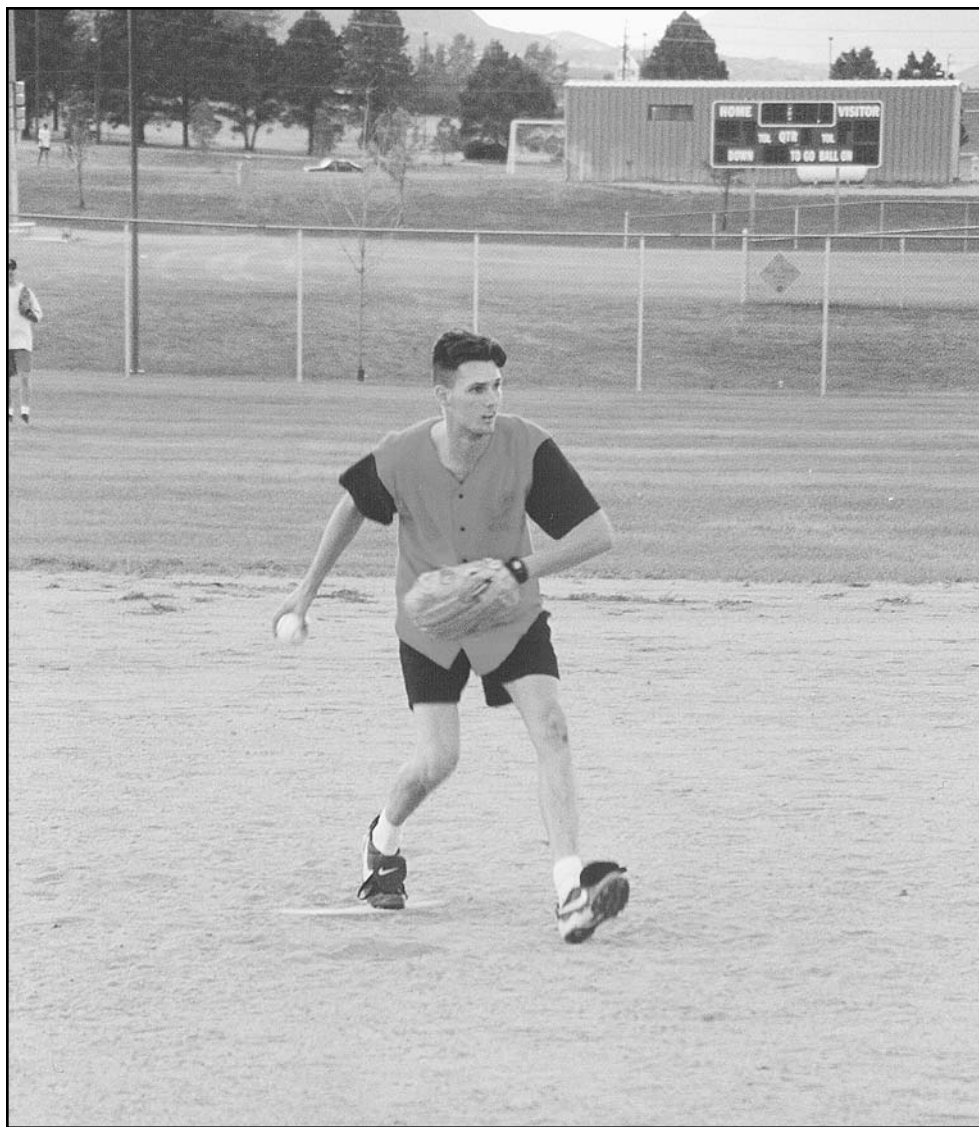
Brunch	9 a.m. to 1 p.m.
Supper	3:30 to 6 p.m.

Family members are cordially invited to dine at Fort Carson dining facilities.

Enjoy a meal at your favorite dining facility.

Sports & Leisure

Infantry troops blasts Brigade troops 22-0



Photos by Walt Johnson

Headquarters, Headquarters Company, 1st Battalion, 3rd Brigade's Michael Lindner pitches the ball.

by Walt Johnson
Mountaineer staff

Headquarters, Headquarters Company, 1st Battalion, 3rd Brigade came into Monday night's game against Headquarters, Headquarters Company, 3rd Brigade with an undefeated record and a date with a tough team ahead on Tuesday.

The HHC 3rd Brigade squad was not the type of team that would give them a lot of problems talent wise but could be troubling for them because of the "look ahead" factor.

The squad knew they had a big showdown game with Charlie Company, 3rd Battalion, 29th Field Artillery Tuesday night, so the team came into Monday's game with the idea of not being an upset victim and keeping their perfect season intact. An upset loss turned out to be the least of their concerns as the team destroyed HHC 3rd Brigade 22-0 behind a lethal batting attack.

Before the game HHC 1st Battalion, 3rd Brigade pitcher Michael Lindner said his team was priming itself to get into the playoffs and that every game played had a purpose.

The way the team played the game you get the feeling he wasn't just talking regular player talk.

The 3rd Brigade squad jumped out to a 5-0 lead after one inning and for all intent and purpose the game was over at that point.

The lead was stretched to 9-0 after two innings and then increased the lead to 14-0 after three innings.

At this point in the contest it would have been easy for the HHC 1st Battalion, 3rd Brigade team to begin to play without focus but it showed the true sign of a champion and would not let up against a still determined HHC 3rd Brigade team that was simply out-matched personnel wise.

As the team came to bat in the bottom of the fourth inning, the only question was, could HHC 3rd Brigade stop the offensive juggernaut that was HHC 1st Battalion, 3rd Brigade from piling on any more runs? The answer, of course, was no.

As the HHC 1st Battalion, 3rd Brigade "Brew Posse" urged them on, the team scored eight runs in the bottom of the fourth inning to take a commanding 22-0 lead that stood up in the top of the fifth inning.

The victory kept the HHC 1st Battalion, 3rd Brigade undefeated season alive and gave them some momentum as they headed into Tuesday's showdown with Charlie Company.

The game Tuesday proved to be just what everyone thought it would be as Charlie Company and HHC 1st Battalion, 3rd Brigade played down to the wire softball.

HHC 1st Battalion, 3rd Brigade seemed to have the game won as it headed to the bottom of the seventh inning and winning by a run only to see Charlie Company get a clutch two-run home run that won the game and ended the undefeated season for the HHC 1st Battalion, 3rd Brigade team.



A Headquarters, Headquarters Company, 1st Battalion, 3rd Brigade runner slides safely into second base.



Headquarters, Headquarters Company, 1st Battalion, 3rd Brigade's Lindner, left, tosses the ball to first base to barely get the Headquarters, Headquarters Company runner out.

On the Bench

Sieracki lands a spot on the U.S. Olympic wrestling team

by Walt Johnson
Mountaineer staff

Gang, this column will be dedicated to those who play locally and those who play nationally. After all, it is my two cents.

Congratulations are in order for the World Class Athlete Program's Keith



Johnson

Sieracki. Sieracki has won a spot on the U. S. Olympic Greco-Roman wrestling team in the 168-pound category. His selection brings the total number of WCAP athletes representing our country and the Mountain Post to three for this year's Olympics in Sydney, Australia, in September. This is certainly an achievement that everyone associated with the WCAP program and the Mountain Post can be proud of.

I thought it was great stuff across the pond at the Wimbledon tennis championships concerning the Williams sisters.

Now, I was so proud of their achievements but probably not for the reasons you immediately think.

Yes, as an African-American I was very proud of their achievements. Venus Williams winning the singles championship and then teaming with

sister Serena to win the women's doubles title. I was proud of the way they carried themselves during the tournament and especially after winning the championships.

I was proud of the way Venus handled the questions about being the first African-American woman since Althea Gibson to win the title.

But what I was most proud of was the way the Williams sisters brought excitement to a game that is usually very boring. The game of tennis, and while I'm at it golf, too, can use some bright exciting faces and characters to spice up the game.

It doesn't matter to me that the Williams sisters are African-American. What matters to me is I got the same level of interest in the sport that I had when Jimmy Connors, John McEnroe, Bjorn Borg and Vitas Gerualitis were hitting the ball and showing some emotion about it.

The same can be said about Martina Navratilova and Chris Evert when they were making the game fun.

Ironically enough I planned to talk about youth sports and the way we as adults react to it on post this week.

I will still say what I planned to on the matter but I also need to comment on the event in Boston, Mass. last week.

See Bench Page 25



Photo by Walt Johnson

The Fort Carson Dodgers youth baseball team met a team from Peterson Air Force Base Saturday at the post youth softball field. Youth baseball games are played every Saturday from 9 a.m. to 1 p.m. at the field next to the youth center.

Bench

From Page 24

First, the good news. I am always more than amazed at the polite, caring and nurturing attitude of the parents of the children who play youth baseball. Their behavior, and in some cases, the help the parents give to the coaching staffs is exemplary at all times and our parents need to pat themselves on the back for allowing the children to play the game for its original intention — to have fun.

Then there is the behavior of the two parents in Boston. All I know for certain is that two parents got into a heated exchange because one parent was concerned with the physical nature of a practice session and the other parent, who also was the coach, did not feel it was the parent's right to get involved with the team's practice.

The end result is one parent killed the other parent after they began fighting in front of the children. This is not the example to set for children. If we are to show children that they can resolve every dispute by fighting, and in this case killing someone, what are we teaching them?

So Michael Irvin has retired from the Dallas Cowboys and I'm kind of sad.

I loved rooting against the “play-maker” when he was in his prime and leading “that team from Texas” to victory. I will miss his style, his grace and his ability to beat any defensive back. On the football field this certain hall-of-famer was one of the best there was

at what he did and for that I will miss him. Now fellow “that team from Texas” haters there is more news.

No, I haven't gone soft on “that team from Texas” when it comes to Irvin retiring. I'm just disappointed that he retired because I was looking forward to him taking up that salary cap room on the “Boys” roster.

Also, some people have told me in no certain terms, no names will be mentioned, but they know who they are (smile) that I need to lay off South America's favorite team. Now with football season about to start, what are the chances of that happening?

I go out to cover the local sports scene and I have been blessed to meet a lot of good people.

One group in particular that I always seem to have a good time being around is the Headquarters, Headquarters Company, 1st Battalion, 8th Infantry “Brew Posse” that shows up at all their team's games.

These guys have absolutely no pretense of being sane people when it comes to rooting for their team at the softball field. Even their name comes from the fact they are all Milwaukee Brewers baseball fans, I think, but I'm not really sure that is the total story for some strange reason.

These guys are absolutely the best because they can get on the other team without using foul language or getting so personal that a player takes enough offense to it to want to fight.

So Roy Williams turned down the University of Dean Smith, er, North



Photo by Walt Johnson

Members of the Headquarters, Headquarters Company 1st Battalion, 8th Infantry “Brew Posse”, from left to right front row, Chris Dougal, Jimmy Bekis, Archie Jacobsand , back row left to right, current first sergeant Russell Stokes, former first sergeant Luther Willoughby, Doug Tullos and Adam Solis bring their “charm” to the game Monday. Carolina, and Matt Doherty, a former Tar Heel player gets the job.

I think it's admirable that Williams stayed at Kansas, not exactly a bottom of the barrel job by any means, because he was loyal to his players. Doherty on the other hand, couldn't get out of South Bend, Ind., fast enough.

Here's hoping that Doherty will be given the time it takes to put a good program together and that the “good” people of Carolina don't run him out of town like the ran a good man like Bill Guthridge out of town. I think Doherty is going to be a good coach.

Charlie Company wins tight game 16-9

by Walt Johnson
Mountaineer staff

Charlie Company, 3rd Battalion, 29th Field Artillery got some timely hitting to defeat Alpha Company, 3rd Battalion, 29th Field Artillery 16-9 Monday at the Mountain Post Sports Complex.

Both teams came into the game missing a number of starters. Company C was missing four starters and Company A five starters, so the game appeared to be an even contest at the beginning.

Alpha Company got off to a 1-0 lead after its half of the first inning but Charlie Company came right back with four runs in the bottom of the first to take a 4-1 lead.

Alpha Company came right back in its half of the inning to tie the game at four apiece. It appeared the game would be a close-fought contest but Charlie Company's bats woke up in the bottom of the second inning as the team scored four runs to take a commanding 8-4 lead.

Alpha Company was able to score one run in the third inning to make the score 8-5 but after that it was all Charlie Company as the team scored eight runs in the bottom of the third inning to all but put the game away.

Alpha Company mounted some offense in the top of the seventh inning but it proved to be too little too late as Charlie Company earned the victory.



A Charlie Company runner beats the throw to first base during his team's eight run third inning.



Alpha Company's Eddie Balacua is thrown out by the Charlie Company shortstop.

Photos by Walt Johnson

Mountaineer Sports Spotlight

Volleyball players got busy...

These members of the 3rd Support, Armored Cavalry Regiment volleyball team placed first in both sand and indoor volleyball during Kit Carson Community Festival Week Activities.



Photo by Walt Johnson

Capital



Photo by Sgt. Kevin Abel

Fort D. A. Russell was established in 1867 near Cheyenne, Wyo. Many of the fort's old buildings, such as the former hospital, are still in use at the installation which is now F. E. Warren Air Force Base.

Cby Nel Lampe
Mountaineer staff
Cheyenne is the capital of Wyoming, and perhaps it could be called the capital of the Old West.

Cheyenne came into being because of the railroad in 1867. It was a rowdy town, although it consisted mostly of tents. It was sometimes referred to as "Hell on Wheels."

Nearby the U. S. Army established Fort D. A. Russell to protect the railroad and settlers from the American Indians.

The livestock industry was soon attracted to Wyoming because of its abundant prairie grass. The trains provided a convenient means to transport cattle to and from Cheyenne. Many European investors bought ranches nearby and hired cowboys to run them.

When gold was discovered in the Dakota Territory, people and supplies passed through on their way to the gold fields, adding to Cheyenne's boom.

By the end of the 1800s, Cheyenne was filled with fine hotels, restaurants, theaters and elegant mansions. It was

one of the wealthiest cities in the world. Because its growth was so fast, its former nickname "Hell on Wheels" was replaced by "Magic City of the Plains."

Cheyenne was known around the world.

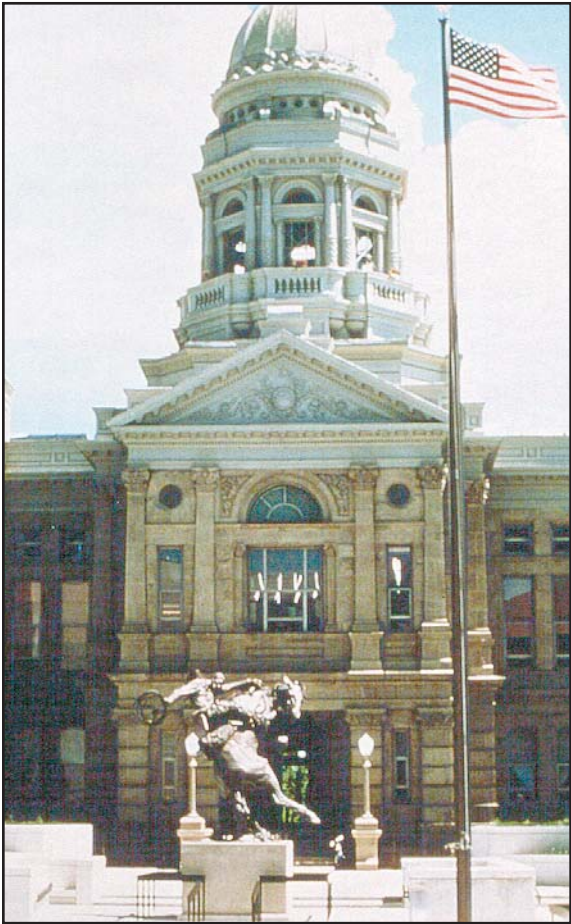
Today, Cheyenne's colorful history can be glimpsed in the occasional Victorian house or historic building.

Nearby Fort Russell was taken over by the Air Force and is now Francis E. Warren Air Force Base, but the fort's historic core is still there and a museum helps preserve its history.

Perhaps modern-day Cheyenne is best known for its link to its wilder west days: the world's largest outdoor rodeo.

Cheyenne is a city worth visiting for its history alone. But for rodeo enthusiasts, the best time to visit is the last part of July each year.

This year's "Cheyenne Frontier Days" run from July 21 to 30. The history dates back to the first event in 1897, and it is called "the daddy of



Courtesy photo

Cheyenne's state capital building has a gold-plated dome.

'em all." Call (800) 337-6336 for information or tickets.

Nine rodeos, sanctioned by the Professional Rodeo Cowboy Association, start at 1:05 p.m. each day of the 10 day-run. Four parades are at 9:30 a.m. in downtown Cheyenne July 22, July 25, July 27 and July 29.

Free pancake breakfasts are held downtown from 7 to 9 a.m. July 24, July 26 and July 28.

An Indian Village is on the south side of Frontier Park July 21 to 30, and features costumes, dancing and handicrafts. Entry is free.

Carnivals, western art, entertainment, and a chuck wagon cook-off are part of the entertainment connected with Cheyenne Frontier Days.

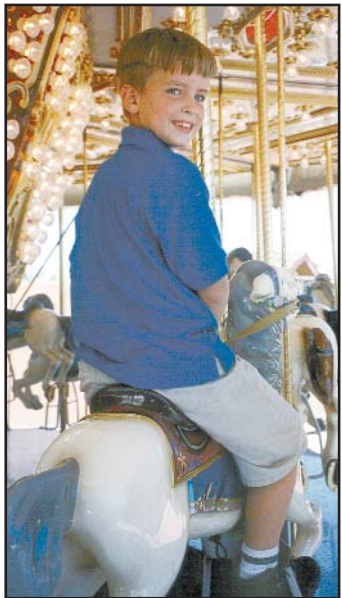
The Air Force Thunderbirds aerobatic team performs July 26 at 10 a.m.



Courtesy photo

Cheyenne Frontier Days starts July 21. It's the world's largest outdoor rodeo and dates back to 1897.

Happy Rodeos



A pull-out section for the Fort Carson community

July 14, 2000

See Cheyenne, Page B-2

Cheyenne

From Page B-1

and the performance is free.

Frontier nights concerts, in Frontier Park, feature western music's biggest stars: Randy Travis, Tanya Tucker, Charlie Daniels and Clint Black. Tickets start at \$16; call (800) 227-6336 for information. Rodeo tickets are available from the same phone number, or check the Web site at www.cfdrodeo.com.

In conjunction with the rodeo, "Fort D.A. Russell Days" are celebrated at Warren Air Force Base. Activities include living history camps, a Mountain Man Rendezvous, a milk-can dinner, a period dance as well as traders.

Other base/post activities include black-smithing, spinning, weaving, loom work, branding iron pit, bead work, butter making and children's games. Free camping is also available at Warren Air Force Base.

For further information call the museum at DSN 481-2980 or (307) 773-2980.

Visitors who don't get to Cheyenne during Frontier Days can still find a day or two to fill — just seeing local historic sites.

Historic Fort Russell was established in 1867. Although now known as Warren Air Force Base, Fort Russell's history has been preserved. Although none of the 1867 original wooden buildings still exist, brick buildings constructed in 1885 house base activities. About two-thirds of the base's buildings are historic.

Fort Russell was established to protect railway workers and the city of Cheyenne, then in Wyoming territory.

Through the years the fort was home to

infantry, artillery and cavalry regiments.

Nearly 20,000 horses and mules were once stationed at the fort. A historic brick stable still stands.

Fort Russell has been an active military installation since its first day. It was renamed in 1930 as Fort Francis E. Warren, in honor of a Wyoming senator. Warren was very influential in military legislation. In 1947, the fort was transferred to the Air Force upon its creation in 1947 as a separate service.

Now part of Air Force Space Command, headquartered at Peterson Air Force Base, Warren has been involved with missiles — Atlas Intercontinental Ballistic Missiles, Titan, Minuteman and Peacekeeper missiles.

Although the military mission at the base/post has changed drastically over its 136 year history, much of the history has been retained.

The Army changed from horses and mules to motorized vehicles in the 1930s and many stables now serve other uses. Historic housing has maintained its integrity. The parade grounds remain the same. Historic guard houses and fire houses still stand. Victorian-era housing looks as it did 100 years ago. The Billy Mitchell House and the Pershing House remain, as well as the original main gate.

A World War II monument and a World War II vintage chapel are on base.

The base's museum chronicles the history of the original fort until present. Although most of the exhibits depict Air Force history, find the stairway leading to the second floor to see Army-related exhibits.

The museum is open Monday through Friday, from 8 a.m. until 4 p.m., and is closed weekends and federal holidays.

It's easy to enter Warren Air Force Base — off Interstate 25. The gates are manned; enter at the main gate, show your ID and ask for the historic brochure and directions.

Other sights to see in the Cheyenne



Photo by Sgt. Kevin Abel

The museum at Warren Air Force Base, just outside Cheyenne, Wyo., houses artifacts from its U.S. Army days. The air base was formerly Fort D.A. Russell.

area are the Nelson Museum of the West, at 1714 Carey Avenue. Entrance is \$4 per person, and anyone under 12 is free. The Nelson Museum features Plains and Pueblo Indian artifacts, cowboy and U.S. Cavalry artifacts, as well as saddles, 19th century weapons and cowgirl clothing. Call (307) 635-7670 for information.

The Cheyenne Frontier Days Old West Museum is at 4610 Carey Avenue. Entrance is \$4 for anyone older than 13. The museum captures the spirit and hardships of those who settled and shaped the Old West. It has many rodeo artifacts; call (307) 778-7290.

The Wyoming State Museum, 2301 Central Avenue, has free admission. Call (307) 777-7022 for information. Started in 1895, this museum is dedicated to preserving and interpreting the history of Wyoming and its people.

Housed in the 1886 Cheyenne Union Pacific Depot downtown, the Wyoming Transportation Museum and Learning Center is at 121 W. 15th St., call (307) 637-3376. The museum covers the history of people moving through the West.

The historic governors' mansion is now a museum. Housed in the 1905 governor's residence, entrance is free and the tour is self-guided. The mansion is at 300 E. 21st Street; call (307) 777-7878 for further information.

There's still more in Cheyenne. The Botanic Gardens are at 710 S. Lions Park Drive, and are open from 8 a.m. to 4:30 p.m., Monday through Friday and weekends from 11 a.m. until 3:30 p.m. Get directions and cost at (307) 637-6458.

Terry Bison Ranch, south of Cheyenne, is home for real western entertainment and features bison drives, chuck wagon dinners, bison drives, horse-drawn wagon tours and horseback rides. Call (307) 634-4171 for information and prices.

Cheyenne is about two and a half hours north of Fort Carson on I-25 — about 90 miles from Denver. Call the Cheyenne Visitors Bureau for information about overnight accommodations or other tourist information at (800) 426-5009.



Photo by Sgt. Kevin Abel

The post commander's quarters, completed in 1894 at a cost of \$8,604, now houses the Warren Heritage Museum.



Photo by Sgt. Kevin Abel

Brick stables housed 10th Cavalry horses at Fort D.A. Russell.

Just the Facts

- **Travel time** 2 1/2 hours
- **For ages** all
- **Type** Historic fort, city
- **Fun factor** ★★★★★ (Out of 5 stars)
- **Wallet damage based on activities**
 - \$ = Less than \$20
 - \$\$ = \$21 to \$40
 - \$\$\$ = \$41 to \$80
 - (Based on a family of four)

Family Member Employment Assistance
Inducting a workshop on choosing a workshop will explore career fields that relate to each individual's personality. For more information, call 526-0452.

Family Member Employment Assistance
Sponsoring recruiting days for
July 20, 25, 27 and 28 from 8:30 to
the Family Readiness Center.
Currently hiring for four of their locations in Colorado Springs and one location in Pueblo. Managerial and crew positions are available. For more information, call 526-0452.

Family Advocacy Program sponsors the
Fatherhood Connection for all fathers
to be. The group meets Wednesdays from 11 a.m. to 12:45 p.m. for a brown-bag lunch at the Family Readiness Center, building 100. For more information, call 526-4590.

Family has volunteer vacancies in the following areas:

Community Services: Puppet Troupe "Kids on the Block" — volunteers are needed to keep the puppet show active. "Kids on the Block" is a puppet show performed in local schools with high military families. The puppets talk to kids about personal safety issues. Training is provided. Commitment of five to 10 hours a week is required.

Volunteer by in person or contact the ACS office in the Family Readiness Center, building 100.

Program: program needs volunteers to assist in the operation of the program. Volunteers work with children in the program helping to teach concepts such as: self esteem and awareness, understanding their family, making choices and appropriately expressing emotions. Volunteers should enjoy working with children. Commitment to commit three to five hours a week. Training is Aug. 29 and 31, and the program starts Sept. 6 and 11.

Volunteer by in person or contact the ACS office in the Family Readiness Center at building 100.

Miscellaneous

Emergency Medical Technician
training classes in: Emergency Medical Technician course today through Aug. 4.

from 13.75 percent to 14.25 percent. The raise follows the Federal Reserve's recent increase in the prime interest rate to 9.5 percent. The new rate is lower than the average variable bankcard rate; rate 16.54 percent for Standard, 16.06 percent for Gold and 16.03 percent for Platinum.

The United States Air Force Academy's Cadet Sponsor Program is looking for volunteers to act as sponsors for the class of 2004 during the 2000-2001 school year. For more information or to apply to the Cadet Sponsor Program or to request to sponsor exchange academy cadets, please call the Extracurricular Activities office at 333-2727 or 333-3477. Office hours are Monday through Friday 7:30 a.m. to 4:30 p.m.

Change in SHARE Colorado registration hours. Registration is being taken on the day of distribution for the following month plus the first Tuesday and Thursday of each month from 11:30 a.m. to 1 p.m. at the Family Readiness Center lobby. For more information, call 526-4590.

The Rocky Mountain Technology Expo and Job Fair is scheduled for Sept. 20 to 23 at the Doubletree Hotel and World Arena. Conference tracks will be technology partners, attracting and retaining a high-tech workforce, managing for success and an entrepreneurial track.

For more information, call 548-1822.

Be on alert: An agency located in Maryland has been calling Colorado Springs consumers identifying themselves as part of Census 2000. They ask consumers to verify their name and address and then ask the consumers to provide their Social Security number as further verification. These individuals are not part of the Census Bureau. Never give out a Social Security number over the telephone unless initiated by you or you are absolutely sure of the agency for which information is provided.

Come and experience the world of caves Saturday and Sunday at Fulford Cave, Eagle County. The Outdoor Recreation Program is starting a caving program to develop awareness, experience and "Leave No Trace" skills in the fragile caving ecosystem. If you would like to experience the world of caving contact the information desk at the Outdoor Recreation Building at 526-2083. Group size is limited and there is an equipment list.

All dogs and cats must be registered at the Fort Carson Veterinary Treatment Facility within 10 working days upon arrival here. Further, all dogs, cats and pets that spend time outdoors are

duces the "You Made the Grade" program for student in grades six through 12 who achieve an overall grade point average of B or above. A public or private school can receive \$5,000 in coupons and an entry blank to enter the drawing to win up to \$5,000 in U.S. Savings Bonds. Students must present a valid military ID card as proof of an overall B average or better. For more information to go to the main store for their discount entry blanks.

The Children's Literacy Center is looking for volunteers ages 16 or older (13 to 15 with parental recommendations), to provide one-to-one reading for first, second and third graders who need additional help to achieve success. This is a rewarding experience this fall that will benefit your child's life as well as your own. Choose your time and location to spend two hours a week for a semester. A one-hour orientation and a training take place in September and the first of October.

For information please contact: The Children's Literacy Center, 471-8672.

Beginning Monday through the Fall
Amelia Street in Colorado Springs is closed from Platte Avenue and Terminal Avenue for the duration of the Platte Avenue detour. A detour is provided via Valley Street.

Dick Bratton, Colorado state volunteer coordinator for American Discovery Trails, will talk on the Ute Pass Corridor. The talk is part of the Colorado Archaeological Society's meeting at the Falcon Police Station Tuesday evening. For more information, call 633-2591.

Youth

School, sports and camp physicals will be given at Evans Army Community Hospital garden students through college age. These are for families enrolled in TRICARE and ECHS. Physicals are available during the following days:

Wednesday, July 19, 25 and Aug. 2, 9.

For more information on scheduling physicals call 264-5000.

The 2000 through 2001 6th Grade Orientation is Aug. 11 at Carson Middle School. Students are required to attend the orientation. Parents are to come, 1 p.m. to 2:30 p.m. Please arrive at 12:45 p.m. and 1 p.m. Bus service information will be provided.

...er transitioning personnel a choice of
receive ACAP service. The center will
services Aug. 21 through 28. For more
526-1002 or 526-0640.

**Quartermaster Center and
Fuel and Water Department** invite
and the Petroleum and Water Old
on Sept. 22 to 23. To mark the 50th
the Korean War, the Quartermaster
nor those who served by memorializing
Quartermaster Petroleum Supply Company.
served with the 529th are asked to contact
s at (804) 734-1329.

**Central Issues Facility is asking sol-
diers to lock or park in the parking lot dur-
ing operations.** It doesn't allow movers
building. For more information, call

**Department of Logistics is conducting the fol-
lowing for July:**

...lifting examiner course in building
... July 21 and July 31 to Aug. 4, Bus
...n building 301.
...information, call 526-3367.

**Division Reserve band in Livonia,
Michigan is looking for qualified musicians.** For an
...734) 458-6409 or e-mail:
...m .

**United States Air Force is now enlisting
individuals from any military
background.** Members wishing to enlist in the Air Force
...n separated from active duty with
...e not less than three months, have a re-
...e of 1 and be otherwise qualified. For
...ion, visit a local Air Force recruiter or
...USAF.

**The books is a new rule that makes the
travel card mandatory for official travel
approved by most DOD and civilian per-
sonnel personnel section for details.**

**Armored Division Association is hold-
ing annual Reunion Oct. 11 to 15 in
S.C.** For more information about the
...Will Cook at (419) 628-4032 or e-mail
...vw2@wesnet.com .

Have you ever thought about being an

Opportunities for Single Soldiers
...bi-weekly meetings every second and
...ay from 1 to 3 p.m. at Christopher's.
...rmation in how you can become
...BOSS program, participate in events or
...eas, concerns or questions; contact
...at 524-BOSS (2677).

Center. If you are interested in becoming an Army
officer and receiving a bachelor's degree, call Maj.
Frank Gray or 2nd Lt. Steven Grogger at 262-3236.

**The Oklahoma National Guard is in desperate
need of lieutenants to fill unit vacancies.** Any
young soldier who is approaching ETS and already
has a bachelor's degree or who has a minimum of 90
credit hours toward a degree and meets the prerequi-
sites to attend Officer Candidate School is encour-
aged to apply. There is also a direct commissioning
program available for sergeants E-5 and above about
to ETS and who have a bachelor's degree. Contact
Maj. Vicki Jones at (405) 228-5255.

**Soldiers, are you leaving active duty but want
to remain associated with the military?** National
Guard brigades of the 7th Infantry Division in
Oklahoma, Oregon and Arkansas can use your expe-
rience. For only one weekend per month and two
weeks out of the year, you can continue to serve your
country, encounter new challenges, enhance your cur-
rent skills and possibly become qualified for another
military occupational specialty. You may even be
qualified to receive a direct commission in the
National Guard. For more information, contact your
unit transition NCO or the National Guard recruiters
on Fort Carson.

**The Army Career and Alumni Program Center
now has set times for clearing.** Monday through
Wednesday, 7:30 to 9 a.m. and 3:30 to 4:30 p.m.,
Thursday 9 to 10 a.m. and 3:30 to 4:30 p.m., Friday
7:30 to 9 a.m. and 1 to 2:30 p.m. If you have questions
please call 526-1002 or 526-0640, or visit the Web
page www.carson.army.mil/ACAP/acap.html .

**The Sergeant Audie Murphy Club event calen-
dar is as follows:**

All meetings are held monthly on the third
Wednesday of the month at 11:30 a.m. at the
Mountain Post Wellness Center on the second floor
conference room in the Family Readiness Center.

Induction ceremonies and rehearsals are held at
McMahon Theater. All other events are conducted in
the main conference room of building 1430. For more
information, call 526-2409 or 526-3887.

**Range safety certification has changed from a
three-year certification to a one-year certification.**
Classes will continue to be held at Range Control
every Friday at 1 p.m. For more information, call
526-6330.

Effective Saturday the incorporation of any
material not defined as construction debris, sludge or
POL contaminated soil shall not be placed in landfill
#1 because of state and federal solid waste laws. All
non-hazardous solid waste/materials, including con-
certina wire and demilitarized materials, must either
go into a rolloff/dumpster or to the DRMO as deter-
mined by the DPW and the DRMO.

**Foundations class is Aug. 2, 9 a.m. to 12 p.m. in
Bldg. 1118, Room 182.** The class covers
planning for retirement, learn about stock
money market securities, IRAs, 401 (k) plans and
more. Call Army Career and Alumni Program at
1002. Only 20 seats are available, appointment
sign-up only.

**The application submission deadline for the
Sustaining Base Leadership and Management
Class 00-3, Sept. 19 to Dec. 13, will soon be
closed.** Ensure you are one of the select members of the
class by contacting your local Civilian Leadership
Advisory Center for the application deadline. If
selected, come prepared for an educationally
diverse and enlightening new approach to
today's Army. For more information, contact the
Army Management Staff College's Web page at
<http://www.amsc.belvoir.army.mil/res.htm>

**The 4th Personnel Services Battalion is holding
for its annual Organization Day, August 14.**
All agencies please call the staff duty noncommissioned
officer at 526-0210.

Army Ideas for Excellence Program
Attention military and DOD civilian personnel: Do
you have a good idea? Do you know how to im-
prove a job better, faster, more efficiently and less
expensively? Do you know of innovative ways to
reduce operating cost, make better use of resources,
materials and labor, improve quality and safety and
increase productivity? Call John Tack at 526-5077
and submit your ideas. The government will pay
up to \$25,000 for a good idea.

Editor's note: The deadline for submitting
"Briefs" to the Mountaineer is 5 p.m. Friday before
publication date.

GSA Vehicle Reminders — General Services Administration vehicle was limited to 2 per month. Maximum allowance was \$10 per wash. The 7th Wave Car Wash at 2510 East Boulder, (west of Platteau and Circle Drive) provides GSA wash for \$9.95. Ask for the "Fort Carson GSA Wash." Drivers are encouraged to take advantage of free washes with fuel fill-up where cost is covered. Excessive washes or cost will be billed to the user using activity. Fuel purchase problem reported. Drivers are again reminded that only regular gas may be purchased for GSA powered vehicles. Premium fuel is not authorized. GSA Voyager credit cards are not to be used with the vehicle they are assigned to. Drivers should always check charge card for proper entries (type and quantity of fuel, price per gallon, etc.) before signing the statement. Questions should be directed to the 7th patch office at 526-1651.

for sports physicals. Late June and August are the
best times for school physicals. Call 264-5000 for an

ment at Forrest Fitness Center call K...
FitLinxx Director at 524-1902 or 526-2...

Admission is \$4 per day or \$7 for the special \$3 per day rate for military. Children 6 years of age are admitted free. All proceeds go to the scholarship fund.

NASCAR races

CAR Busch Grand National Series is at the International Raceway July 21 and 22. The race is a stepping stone to Winston Cup racing. The race is July 21, and the race is July 22. Tickets are \$10 for each day; check with the ticket office for a military discount. Call 520-9090 and ask for a military discount. The race will be the Grand Marshall.

Art festival

College alumni perform **two works by the famous playwright Edward Albee** July 26 and 27 at the Armstrong Theatre on the Colorado Springs campus. The plays, "Zoo Story" and "The American" start at 8 p.m. Tickets are \$4 at the Armstrong Theatre is at the corner of Cascade and Poudre.

Drums Along the Rockies

The world's top drum and bugle corps will perform in the 29th annual "Drums Along the Rockies" Championships Saturday at Mile High Stadium in Denver. Denver's own Blue Knights will also perform. General admission tickets are \$10 and children's tickets are \$5. Call TicketMaster, 520-9090.

Wrestling

Wrestling Championship Wrestling is Aug. 8 at 7 p.m. at the Colorado Springs World Arena. Tickets are \$10. Go on sale July 22.

Gems and Minerals

The Geological Society has a **gem and mineral show** Saturday and Sunday at the Masonic Hall, 1000 N. Dr. Admission is \$3 for adults, and \$1 for children 12 and older. Children under 12 are free. Paying adult. The first public exhibit is a (dinosaur) skull found in the Colorado Grasslands will be exhibited at the

Greyhound Park, 3701 N. Nevada Ave. Hundreds of dolls and stuffed toys are being sold including collectible and antique dolls.

Water World

Highlands Water World in the Denver area is open until Sept. 4, 88th and Pecos Streets. Information, Tickets and Registration also has discounted tickets. Or, let someone else do the driving and sign up for the ITR sponsored trip July 29.

Victor gold rush

Victor, just a few miles south of Cripple Creek, hosts "Gold Rush Days" today through Sunday with mining contests, a parade, tours, arts and crafts. Call (719) 689-4022 for information or check the Web site at www.rmi.net/tellercounty/victorch.html.

Dime store exhibit

The "Main Street Five-and-Dime: The architectural Heritage of S.H. Kress & Company" continues at the Colorado Springs Pioneers Museum, 215 S. Tejon St., through Sunday. The free exhibit traces the history of the Kress Company's architecture.

TheatreWorks

The University of Colorado at Colorado Springs presents "Twelfth Night" today through July 29, at the campus. Call 262-3232 for ticket information.

Tesla: inventor, genius

"Tesla: Lost in Thought" is presented at 7 p.m. Wednesdays and Thursdays, 8 p.m. Fridays and Saturdays, and at 2 p.m. Sundays through July 22, at the Smokebrush Theater, 235 S. Nevada Ave. Tesla is responsible for numerous inventions, such as remote control devices and the radio. He performed some experiments in Colorado Springs. Call 444-0884 for tickets, which start at \$12.

The circus is coming

Ringling Bros. Barnum & Bailey Circus comes to the Colorado Springs World Arena Aug. 16 through 20. Tickets are on sale at 576-2626.

by Fort Carson's Children and Youth Services of the Arts.

The Magic Flute

Colorado Opera Festival Presents **"The Magic Flute"** July 28 and 30, and August 1 at the Pikes Peak Center. Tickets start at \$10. Call 9090 for tickets.

Little London Winds concert

The **Little London Winds** present a concert at Soda Springs Park near downtown Monument, Colorado Springs. Concerts begin at 7 p.m., each Saturday.

Renaissance Festival

The **middle ages village** near Larkspur, Colorado, is open weekends through July 30. Gates open at 10 a.m. rain or shine, and close at 6:30 p.m. Parking is \$5. Entrance is \$13.95 for adults and \$6 for children under 12, or pick up discounted tickets at the gate. Information, Tickets and Registration office at 520-9090.

County Fair

The **El Paso County Fair** is held in the heart of Colorado Springs on Highway 24, from July 27 through 30. For information, check the Web site at www.paso.co.us/CntyFair.

Broadway nights

Season tickets are now on sale for the Broadway nights. On the showbill are "Riverdance," "Hairspray," "Mark Twain Tonight," "Show Boat," "Jekyll and Hyde," the musical and another musical. Call 520-SHOW.

Colorado State Fair concert

The **Concert series for the Colorado State Fair** Aug. 19 through Sept. 4 has been set. Set by Pat Benatar, Dwight Yoakam, Wayne Newton, Pat Walker, Carrot Top and Chris Ledoux and more. The agenda. Styx, The Statler Brothers, Blood, Sweat and Tears and the 60s reunion concert of The Puckett and The Buckingham are also on the agenda. Check with TicketMaster at 520-9090 or 444-FAIR.